COMBAT STRESS CONTROL

Determine leaders' responsibilities for identifying, treating, and preventing battle fatigue.

THREE OBJECTIVES OF STRESS CONTROL

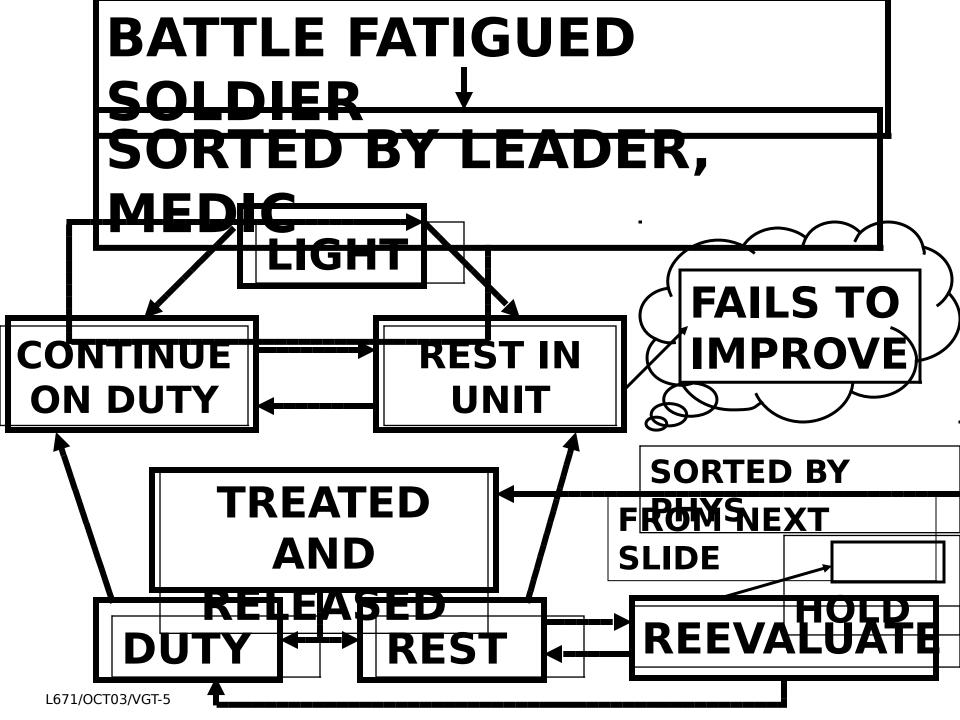
- To keep stress within acceptable limits for mission performance and to achieve the ideal (optimal) level of stress when feasible.
- To return stress to acceptable limits when it becomes temporarily disruptive.

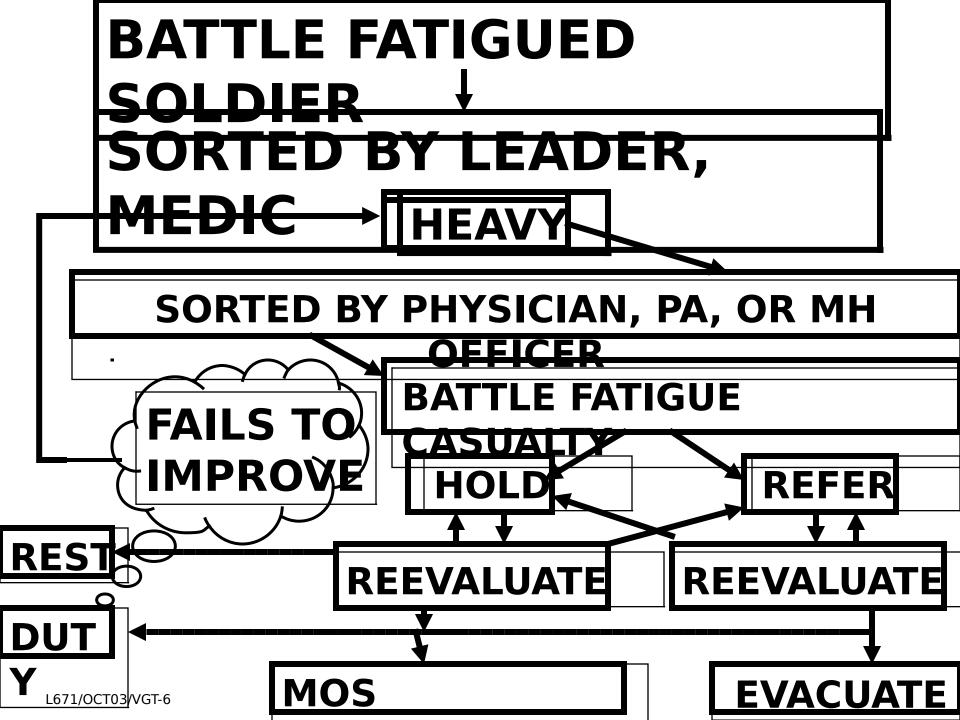
THREE OBJECTIVES OF STRESS CONTROL (cont)

 To progressively increase tolerance to stress so that soldiers can endure and function under the extreme stress which is unavoidable in combat.

SIGNS/SYMPTOMS BATTLE FATIGUE

- Simple fatigue.
- Anxious.
- Depressed.
- Memory loss.
- Physical function disturbance.
- Psychosomatic forms.
- Disruptive forms.





LEADER'S ROLE

- Know which situations or events increase stress/battle fatigue.
- Compensate by reducing other stressors.
- Take corrective actions.
- Get advice from mental health personnel and/or combat stress control personnel.

INDIVIDUAL'S ROLE

- Drink enough fluid, eat enough food, and attempt to get rest.
- Learn at least two relaxation techniques.
- Use relaxation techniques only at tactically appropriate times.
- Share feelings constructively.
- Plan ahead, prepare for the mission, and ensure readiness.

MISCONDUCT STRESS BEHAVIOR PREVENTION

- Clearly state and teach the standards of conduct.
- Emphasize national, Army, and unit pride.
- Clearly state and consistently enforce the rules and regulations.
- Set the personal example.
- Report all violations.

OFFSET FOR BATTLE FATIGUE RISK FACTORS

- Stabilize the home front.
- Promote unit cohesion.
- Conduct tough, realistic training.
- Prepare the unit to endure battle losses.

OFFSET FOR BATTLE FATIGUE RISK FACTORS (cont)

- Train troops in active defense against these threats.
- Recognize static, heavy fighting and institute protective measures.
- Keep information flowing.
- Prepare troops for NBC threat contingencies.

OFFSET FOR BATTLE FATIGUE RISK FACTORS (cont)

- Practice sleep discipline and sleep planning.
- Protect the physical well-being of the troops.
- Assure physical fitness.
- Recognize and manage the "older veteran" or "short-timer" syndrome.